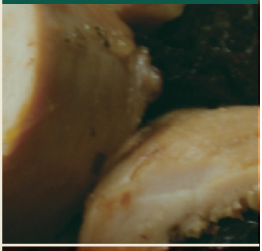
arkadia
FOODSTORE

the foodie

Issue No:2 Mar - Apr 2010



the foodie

March-April 2010

Thank You

We have received very positive feedback on our first issue of 'the foodie'. We would like to thank you, our dear customers, for your positive remarks and suggestions. This is our second issue and rest assured that we have put together some essential content for the foodie in you.

We want your contribution

We would like to introduce a recipe section provided by our customers within our publication. Don't you have a favourite recipe that you like to cook at home? Wouldn't you like to share that recipe with other customers? If your answer is yes, then contact us.

We would also like to introduce an 'Ask The Expert' section where you, the customer, can ask questions to the people who take care of our counters. Is there something you would like to know? Would you like to know their opinion on what to use for what? We want your contribution in our next issue. We want you to be part of 'the foodie'.

The Easter Countdown

As Carnival time is over, many Lenten observers will be fasting for 40 days till Easter. Easter will then be a time of celebration and thanksgiving. It is evident that food will play an integral part. Within this period we have prepared another attractive pick of 100+ products within our Arkadia Value promotional line.

Our fresh counters will also be preparing for Easter, be it with specialty cheeses from our delicatessen, to freshly imported veal and lamb from down under. We will do our best to provide you with the fresh food needed to spur on fresh ideas within your kitchen. Do not hesitate in making your own suggestions on what produce we should feature in our foodstores. We are there to serve you.

Our visit to the Delicata Winery

We just recently organised a visit for our customers to the Emmanuel Delicata winery. The excursion was held on Thursday, 18 February, 2010, and a handsome group of customers from both foodstores attended. It was an interesting visit wh ere our customers had the opportunity to see the Delicata winery, learn about the industrious process of making wine, and appreciate the different blends of wines thanks to a wine talk and tasting session carried out by Bill Hermitage. A big thanks to the staff of Emmanuel Delicata Winemakers for making the visit possible.

We plan to organise further culinary outings of this type in the future. Therefore if you missed out this time and want to ensure that you are part of the next party, then send us an e-mail on thefoodie@arkadia.com.mt to be amongst the first to know.

YES - We do deliveries

One last mention we would like to make to our dear readers is that Arkadia Foodstore does provide a home delivery service from both foodstores in Gozo and Portomaso. Home deliveries are provided on purchases of €70 or more. All you have to do is contact one of our foodstores (Gozo – Tel: 221 03316 | Portomaso – Tel: 2138 2333 | E-mail: delivery@arkadiafoodstore.com), place your order, and leave it to us to take care of the rest.

Contributors in this issue:
Berenice Axisa, Claire Borg, George Larry Zammit

Produced by:
Arkadia Foodstore - Gozo | Portomaso
Arkadia Marketing Ltd.
Fortunato Mizzi Street, Victoria, Gozo
Tel: 2210 3000 | E-mail: thefoodie@arkadia.com.mt

Arkadia Foodstore customers during a wine tasting session with Bill Hermitage at the Delicata Winery

The Feast of Saint Vincent

by Berenice Axisa

My first experience around 2 years ago in Bordeaux unexpectedly introduced me to the feast of Saint Vincent. Saint Vincent is the patron of wine growers and is widely celebrated throughout France and Europe.

The feast of Saint Vincent is held on the 22nd of January which generally falls during the vines' dormant state and usually signals the beginning of pruning. In Burgundy the first celebrations date back to 1938 and that year the celebrations took place in the village of Chambolle-Musigny.

Throughout the years the villagers have developed a wealth of imagination and ways of celebrating this feast. Brotherhoods have formed throughout the years to create more union between growers, winemaker and negociants and they play an important role in these celebrations. Before the actual yearly festivities in the village kicks off, the Confrerie des Chevaliers du Tastevin convenes and along with various other Saint Vincent brotherhoods, each carry their St Vincent statue through long processions and followed by mass. Every year, the Chevaliers welcome new vignerons/members in the Confrerie during a colourful ceremonial.

While living in Burgundy, I just had to take the opportunity to celebrate this feast again. Therefore I was looking forward to these celebrations. In Burgundy these celebrations are organised in different villages after the official date and I had the fortune of celebrating it in two different villages; Chassagne Montrachet, well-known for its buttery, creamy rounded white wines from the Chardonnay grape and the village of Milly in Chablis, famous for its dry, mineral yet succulent and fruity Chardonnay.

Even though snow draped over the village of Chassagne Montrachet it did not hinder Burgundians and tourists alike to flock to the feast and enjoy some great wine. Chassagne Montrachet was an expression of aromas found in every wine.

This year decorations in the village were themed according to the different citrus fruits, red fruits, white flowers aand other aromas found in the bouquet of a wine. What made the feast even more interesting was the variety of both red and white wine available to sample. Five volunteer wine makers matured their own cuvees of white wine served in the different cellars around the village, whilst the red wine was contributed from the various wine makers in the village. Accompanying this great variety of wine one could find a great selection of food including oysters, foie gras, snails, cooked meats and other Burgundy specialties.

The feast at Milly Chablis was smaller in scale yet still a remarkable one. This charming village was decorated with different colourful wine caricatures and still offered a great experience to any visitor. Even though only one style of Chablis was being served, one could find an array of different food like grilled sausages which from my experience matched perfectly the dry crisp and refreshing Chablis being served.

La Fete de Saint Vincent should be a yearly appointment for any wine lover. Even if no great vintages or Grand Crus wines are available at these village feasts, they could be the stepping stone to meet great wine producers for further wine tasting experiences.

Ever get the blues? Blue cheese that is!

Blue cheese is a general classification of cow's milk, sheep's milk, or goat's milk cheeses that have had *Penicillium* cultures added so that the final product is spotted or veined throughout with blue, blue-gray or blue-green mold, and carries a distinct smell. Blue cheeses are typically aged in a temperature-controlled environment such as a cave.

In the European Union many blue cheeses such as Roquefort, Gorgonzola, and Stilton are, like wine, a protected designation of origin, meaning they can bear the name only if they have been made in a particular region in a certain country.

Many types of blue cheeses are available on the market place. We will provide some concise information on the most common and popular varieties which you can find in one of our foodstores. Each type of blue cheese have their own characteristics. It is important that you know the difference between one blue cheese to another.

Roquefort - The French Blue Cheese

During the Age of Enlightenment, French philosopher Diderot titled Roquefort the "King of Cheeses." Today the cave-ripened cheese from the south of France remains one of the world's greatest blues.

Made from raw sheep's milk, Roquefort has a characteristic aroma and flavor with a notable taste of butyric acid. A typical wheel of Roquefort weighs between 2.5 and 3 kilograms, and is about 10 cm thick. Each kilogram of finished cheese requires about 4.5 litres of milk.

Roquefort is a complex, but well-balanced cheese. On the palate, it starts out slightly mild and sweet before moving into a smoky, then salty finish. Though similar cheeses are produced elsewhere, the European Union dictates authentic Roquefort must be aged in the natural stone caves of Mount Combalou of Roquefort-sur-Soulzon.

Actually in 1411, Charles VI granted a monopoly for the ripening of the cheese to the people of Roquefort-sur-Soulzon. In 1925, Roquefort became the first cheese to

be granted the title *"Appellation d'Origine"* (designation of origin), a true mark of quality.

Danish Blue

Also know as Danablu, this semi-soft cheese is typically drum or block shaped and has a white to yellowish, slightly moist, edible rind. Made from cow's milk, it has a fat content of 25-30% (50-60% in dry matter) and is aged for eight to twelve weeks.

Danish Blue was invented early in the 20th century by a Danish cheesemaker named Marius Boel with the intention of emulating a Roquefort style cheese. Danish Blue has a milder flavor characterised by a sharp, salty taste.

Gorgonzola - The Italian Blue Cheese

Gorgonzola is an Italian blue cheese, made from unskimmed cow's and/or goat's milk. The name comes from Gorgonzola, a small town near Milan, Italy. Gorgonzola is made in the regions of Piedmont and Lombardy from whole cow's milk.

Gorgonzola is typically aged for three to four months. The length of the aging process determines the consistency of the cheese. A firm Gorgonzola is aged longer than creamy Gorgonzola. The cheese is usually packaged and sold in a foil wrapper.

The London Stock Exchange is nicknamed 'Gorgonzola Hall' due to the greenish marble used in its interior.

Dolcelatte

Dolcelatte is another Italian blue cheese created by the Galbani company. It is made from cow's milk, and has a sweet taste. Its name translates from Italian to 'sweet milk' in English. Dolcelatte was developed for the British market to provide a milder smelling and tasting alternative to the famous traditional Italian blue cheese, Gorgonzola. It is sometimes referred to as Gorgonzola Dolce.

The production method for dolcelatte is similar to the methods used to make Gorgonzola. One difference is that it is made from the curd of only one milking. It takes about two to three months to produce and age this cheese. The fat content of dolcelatte is higher than Gorgonzola at about 50%.

Stilton - The British Blue Cheese

Stilton is a type of English cheese, known for its characteristic strong smell. It is produced in two varieties: the well-known blue and the lesser-known white. Both have been granted the status of a protected designation of origin by the European Union. Only six dairies, located in the three counties of Derbyshire, Nottinghamshire and Leicestershire, using the original centuries-old recipe, are licensed to produce Blue Stilton - the King of English cheeses.

According to an old 19th century saying, 'if you drink a pot of ale and eat a scoop of Stilton every day, you will make 'old bones'." The creamy, ivory-hued cheese has a very unique flavor profile. It's lighter than Italian Gorgonzola, and richer than Danish blue. Made from whole cow's milk, it has delicate blue-green veins, a slightly crumbly texture and a profile that's wonderfully pungent and mellow at the same time. It takes 78 litres of milk to make 8kg of Stilton cheese.

Green Goddess Lasagna

Ingredients

500 grams fresh Ricotta
200 grams fresh lasagna
1 egg – lightly beaten
3 tbsp grated parmesan cheese
3 tbsp ready made basil pesto
2 large zucchini
150 ml fresh cream
200 ml milk
300 ml ready made béchamel sauce
150 grams frozen peas – thawed
400 grams frozen spinach- thawed and well drained
1 medium onion – peeled and finely chopped
2 pieces fresh garlic – finely chopped
½ a glass white wine
¼ tsp nutmeg
1 tbsp chicken stock granules
Oil for frying
Sea salt and freshly ground pepper

Method

Slice the zucchini length ways into very thin slices. Heat some oil and fry for 2 minutes on each side. Dab in kitchen roll and repeat until all the zucchini are cooked. Set aside.

Cook the finely chopped onion in some oil until soft. Add the garlic and cook for a further 2 minutes, then add the drained spinach and peas. Add the chicken stock granules and the white wine and cook for about 15 minutes or until the liquid evaporates. Add the nutmeg and season. Set aside. 36.248 mmIn a large bowl, mash the ricotta. Mix in the egg, pesto, grated parmesan, black pepper and cream.

Start layering lasagna by putting some of the béchamel sauce at the base, then a layer of fresh lasagna, then a layer of ricotta, the strips of cooked zucchini, another layer of pasta, some milk, then the spinach mix and some béchamel, then another layer of pasta, then more ricotta and milk, then finish off with some béchamel, milk and grated parmesan.

Bake in a pre heated oven set on medium (180 degrees Celsius) for 40 minutes or until golden.

Ask your butcher to cut open the chicken breasts *(tell him that they need to be stuffed).*
Prepare all the ingredients on a work surface.

Spread out the chicken breast halves and spread onto them the mustard, grated garlic, zest and then sprinkle with the chopped garlic.

Place the pitted prunes and segmented oranges over the meat

Roll and tie the chicken and set aside.

Prune & Orange Chicken Roll

Ingredients

2 Chicken breasts
1 Orange – peeled and segmented
16 to 18 pitted prunes
1 tbsp fresh grated ginger
1 tbsp finely grated orange zest
2 tbsp finely chopped fresh garlic
1 tbsp whole grain mustard
String

To cook

Warm some olive oil and butter and cook the garlic for one minute, being careful not to burn. Add marjoram and then add the chicken roll. Seal all round. Add the chopped celery and add the white wine and stock. Season. Cover and cook on a low flame for about 30 minutes. Remove roll from pan, rest for 5 minutes, then cut off the string and slice to serve. Reduce the sauce if still runny, then thicken with a drop of fresh cream and serve with the chicken roll. Serve with boiled new potatoes.

Portobello Mushroom Soup

Ingredients

800 grams Portobello mushrooms (or Brown mushrooms) – cleaned
1 large leek – washed and roughly chopped
1 large onion - peeled and chopped
1 small onion- peeled and very finely chopped (for sautéing the mushrooms)
2 pieces fresh garlic – peeled and chopped
2 sticks fresh celery - washed and chopped
1 large potato – peeled and chopped
100 grams normal long grain rice
2 litres Beef stock
(3 beef cubes in about - 2 litres boiling water)
glass of white wine
sachet saffron
½ tsp dried thyme
fresh parsley
sea salt and fresh black pepper to taste
olive oil for cooking

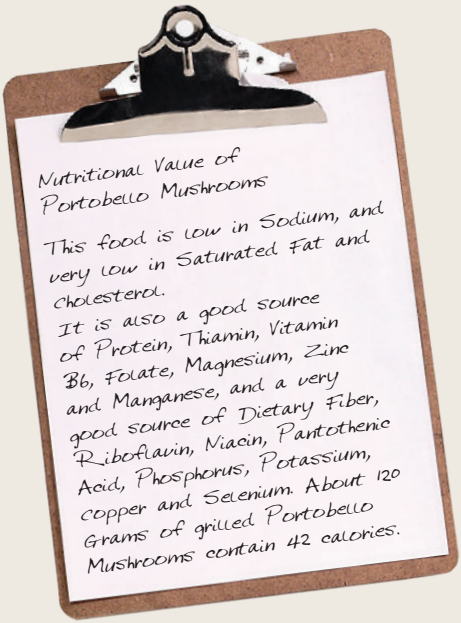
Method

In a large pot, heat some olive oil and sautee' the onions, garlic and leek. Add the dried thyme and cook for about 5 to 7 minutes; splash with white wine every now and again. Add the chopped celery and 650 grams of the Portobello mushrooms (roughly chopped). Splash with more wine and cook for a further 5 minutes. Add the potato, the rice , saffron and the rest of the wine. Mix everything together, then add the stock. Bring to the boil and simmer, covered for about 40 minutes. Check if the liquid reduces and add more boiling water as needed.

Using a food blender, whizz the soup until homogenous. In another pan, warm a tbsp of olive oil and sautee the small onion and the remaining 150grams of Portobello mushrooms (very finely chopped). Cook together until the onion is soft. Add to the liquidized soup, season to taste and serve with a sprinkle of fresh chopped parsley and toasted bread.

The Portobello Mushroom - Interesting Facts

Portobello mushrooms, also known as 'portobella' mushrooms and 'crimini' mushrooms, or by their scientific name, *agaricus bisporus*, are one of the most widely distributed mushrooms, found in every continent


Nutritional Value of Portobello Mushrooms
This food is low in Sodium, and very low in Saturated Fat and cholesterol.
It is also a good source of Protein, Thiamin, Vitamin B6, Folate, Magnesium, Zinc and Manganese, and a very good source of Dietary Fiber, Riboflavin, Niacin, Pantothenic Acid, Phosphorus, Potassium, copper and Selenium. About 120 Grams of grilled Portobello Mushrooms contain 42 calories.

and almost every climate. Portobello mushrooms are easy to identify because of their large size, which is at least four inches in diameter, and their characteristic brownish color. Portobello mushrooms also have a deep musty smell that makes it seem like they were just picked up from the forest.

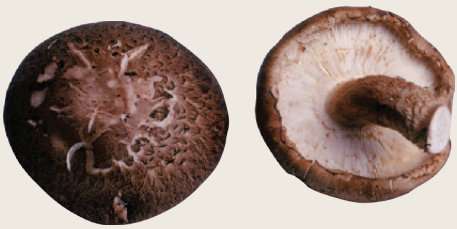
Portobello mushrooms are white and rounded when young. As they mature, the cap of the mushroom becomes flat and acquires their distinguishing dark color. Young Portobello mushrooms are known by the name Crimini or baby Bella.

The name "portobello" began to be used in the 1980s as a brilliant marketing ploy to popularize an unglamorous mushroom that, more often than not, had to be disposed of because growers couldn't sell them.

Portobello mushrooms are mostly eaten broiled and grilled, but they can also be fried, baked, or sautéed. Because of their size and format, they are often used as a replacement for hamburgers in vegetarian recipes. Portobello mushrooms have a characteristic meaty texture that gets better the longer the mushrooms are cooked, so grilling may be the best way to bring out the flavor.

When buying Portobello mushrooms it's important to avoid any that look broken or bruised, as this may contribute to loss of flavor. Portobello mushrooms are specially sensitive to air oxidation, so they should be stored wrapped in a paper towel. Refrigerating Portobello mushrooms is fine, but keep in mind that the longer you keep them, the more flavor they lose. Ideally, mushrooms should be consumed within five days of purchasing. Avoid washing Portobello mushrooms before cooking, as this also may contribute to loss of flavor. Tapping them to remove excess sand or debris is enough, or sweep them lightly with a cooking brush.

Easy Ways to cook Portobellos



They can be marinated and grilled and served with a salad.

Portobello Mushrooms can also be cut into thick slices and sautéd in butter and a sprinkle of fresh herbs and a teaspoon of chopped garlic and served on toast.

They are also tasty deep-fried and served as a starter. Dip them in beaten egg; pass them in breadcrumbs and deep fry until golden. Serve on a bed of rocket, with shavings of Parmesan and a drizzle of balsamic vinegar.

Decadent Chocolate Orange Custards

Ingredients

250 ml milk
250 ml cream
50 ml orange juice
25 ml Grand Marnier
2 oranges zested
50 grams sugar
3 eggs
3 egg yolks
250 grams dark chocolate orange (good quality)
additional zest of 1 orange for garnish

Method

Pour the milk, cream, orange juice, Grand Marnier, orange zest and half the sugar in a heavy based saucepan and bring to a simmer. Set aside and leave to infuse for 10 minutes. Remove zest.

Whisk the eggs and egg yolks with the remaining sugar. Bring the infused liquid to a simmer again and pour through a fine sieve. Remove the zest and discard.

Whisk the hot milk mixture into the egg mixture until evenly combined.

Clean the saucepan and return mixture to the pan. Over a medium heat, cook, whilst always whisking vigorously. Cook for a few minute, being very careful not to allow the mix to stick to the pan or curdle. When the mixture starts to slightly thicken, pour onto the chopped chocolate (that has been previously put in a large bowl).

Mix with a spatula until you get a really rich and homogenized liquid that should. Pour into glasses or ramekins and leave to cool, then place in the fridge and leave to set for at least an hour. If there are air bubbles, tap ramekins lightly on the bench top. They should have a decadent look about them! Serve, garnished with a pinch of fine orange zest and wafers if desired.

Grand Marnier is a triple sec liqueur invented in 1880 by Alexandre Marnier-Lapostolle, and still is produced by the same family in France. It is sold in over 150 countries and used in a wide range of drinks and desserts.

Triple secs are liqueurs that are distilled, and then have orange peel left in them to macerate and flavor the alcohol. Oranges at the time were a rare and exotic fruit, and by blending them with high-quality brandies, Marnier-Lapostolle was able to create an enduring legacy.

The most common grade of Grand Marnier, and that which most people are acquainted with, is known as Red Label, or Cordon Rouge. Cordon Rouge Grand Marnier is made from Cognac, using essentially the same technique as the original Grand Marnier in 1880. Cordon Rouge is often used in cooking, but may also be enjoyed in various mixed drinks or by itself.

The Spice Rack

Fenugreek - *Trigonella foenum-graecum*

Native to western Asia and southwestern Europe, fenugreek has a long history of use as a flavouring and medicine. It can be used fresh, with its leaves being grassy and mildly pungent with astringent tones. It is more widespread in our spice sections, dried in either powder or seed form. It's aroma can be identified as the overriding smell of some curry powders and it's taste is celery-like and bitter.

The seeds are used in Indian pickles and chutneys. Fenugreek blends well with lentils, green and root vegetables, lamb, potatoes, rice, tomatoes, fish, and used in dals and curries. In Egypt and Ethiopia fenugreek flavours breads. In Turkey and Armenia ground fenugreek is combined with chilli and garlic and rubbed onto a dried beef specialty called pastrima.

The seeds can be sprouted, then dressed with vinaigrette and served with tomatoes and black olives.

Mace - *Myristica fragrans*

Inside the apricot-like fruit of Myristica fragrans lies a hard seed, the kernel of which is the spice nutmeg. Around this seed is a lacy covering or aril; this is the second spice, mace.

Mace and nutmeg are produced by the same tree and are very similar in taste. Mace is preferred when a dish requires a lighter flavouring. It has a warm aroma and it's taste is warm, delicate and subtle with lemony sweetness, yet it finishes with a potent bitterness.

Nutmeg is more commonly used because it is cheaper than mace. Mace gives a lift to béchamel and onion sauce, clear soups, shellfish stock, potted meat, cheese soufflés, chocolate drinks and cream cheese desserts. Whole blades of mace can be used to flavour soups and stews, but should be removed before serving.

Blends well with cabbage, carrot, cheese and cheese dishes, chicken, egg dishes, fish and seafood chowders, lamb, milk dishes, onion, pates and terrines, potato, pumpkin pie, spinach, sweet potato and veal.

The Curious Product

Tofu

Tofu originated in China about 2000 years ago. While the details of its discovery are uncertain, legend has it that it was discovered by accident when a Chinese cook added the seaweed nigari to a pot of soybean milk, causing it to curdle; the result was tofu.

It is sometimes called "the cheese of Asia," because of its physical resemblance to a block of farmer's cheese. Tofu is a highly nutritious, protein-rich food that is made from the curds of soybean milk. Off-white in color, it is usually sold in rectangular blocks.

This ingredient is one of the most versatile foods, serving a host of different purposes ranging from salad dressing to dessert to entrée and more. Some of its versatility is owed to its neutral taste, which gives tofu the ability to absorb the flavors of surrounding ingredients. Tofu is an ingredient highly used by vegetarians and Lactose intolerant people. As it is made from soya milk, it contains no animal fats and is a key ingredient for those following a healthy diet.

Pjazza life just got better

delicata.com

PJAZZA REĠINA

Pjazzas have an irresistible charm. They are meeting places, bringing people together; from all walks of life. They're stuff of memories - whether it was that long talk after everyone's gone, or the setting of that perfect photograph now sitting in your home. Pjazza Regina in Valletta is such a place and has been for generations. Delicata's new refreshing, fruity wines Pjazza Regina, much like the place they are named after, are guaranteed to make those treasured moments even more memorable.

RED WHITE ROSÉ 3 SENSATIONAL I.Ġ.T. QUALITY WINES

arkadia VALUE

Get that little bit extra

Ambient	Size	Was	NOW
Sacla Acetelli Gherkins	290g	1.60	**1.36**
Sacla Acetelli Cipolline	270g	1.50	**1.28**
Hela Curry Spicy Ketchup Original	465g	2.59	**2.20**
Hela Curry Spicy Ketchup Extra Hot	465g	2.59	**2.20**
Blue Dragon Sweet Chilli Sauce	150ml	1.60	**1.36**
Blue Dragon Coconut Milk	400ml	1.99	**1.69**
Blue Dragon Egg Thread Noodles	250g	1.51	**1.28**
Chovi Tomato Ketchup Squeezable	300g	0.86	**0.73**
Vital Sliced Mushrooms 4 For €2.00	190g		
Sunsweet Pitted Prunes	500g	4.02	**3.42**
Maraviglia Camomilla	X20	1.16	**0.99**
Maraviglia The Mentha	X25	1.45	**1.23**
Maraviglia The Verde	X25	1.33	**1.13**
Casa Fiesta Guacamole Dip	300g	2.21	**1.88**
Valfrutta Polpa Di Pomodoro Cubetti	*3	2.09	**1.50**
Homepride Jars Stroganoff	500g	2.01	**1.71**
Cesar Extra Virgin Olive Oil	500ml	3.50	**2.98**
Lola Sliced Green Olives	400g	1.99	**1.69**
Lavazza Qualita Rossa	250g	2.25	1.99
Cereals			
Quaker Oatso Simple Sultana Raisins	385g	3.49	**2.96**
Farley's Rusks	300g	2.72	**2.31**

Confectionary	Size	Was	NOW
Saiwa Vitasnella Snack Arancia	162g	1.50	**1.28**
Mackeys Scottish Raspberry	340g	2.95	**2.51**
Walkers Fine Oatcakes	300g	2.35	**1.99**
Regal Almond Mini Tarts	125g	0.80	**0.68**
Walkers Baked Cheese & Onion	37.5g	0.70	**0.59**
Dairy			
Lurpak Spreadable Salted	250g	2.22	**1.89**
Lupak Spreadable Lighter	250g	2.22	**1.89**
Arla Fioccolat 4%	200g	1.69	**1.44**
Md Pepper Roll	125g	1.89	**1.61**
Maingold Emmenthal Cheese Slices	150g	1.70	**1.45**
Camel Brand Helwa Tat Tork	250g	2.00	**1.70**
Danone Actimel Fragola		6.70	**5.69**

Frozen	Size	Was	NOW
Mc Douglas Chicken & Mushroom Pie	400g	2.99	**2.54**
Chicken, Bagon & Sweetcorn Pancakes	252g	1.51	**1.28**
Green Isle Garlic Baguette	340g	2.49	**2.12**
Greens Mexican Mix	450g	1.00	**0.85**
Party Oriental Mix		4.70	**3.99**
Iglotex Xxl Pizza Ham & Mushroom	1Kg	3.65	**3.10**
Iglotex Xxl Pizza Margherita	1Kg	3.65	**3.10**
Aunt Bessies Homestyle Chips	1Kg	3.21	**2.73**

Wines & Beverages			
Caravaggio Cabarnet Sauvignon	75cl	5.76	**4.89**
Caravaggio Moscat	75cl	5.76	**4.89**
Caravaggio Chenin Blanc	75cl	5.76	**4.89**
Caravaggio Cabarnet Franc	75cl	5.76	**4.89**
Caravaggio Shiraz	75cl	5.76	**4.89**
Caravaggio Shardonnay	75cl	5.76	**4.89**
Caravaggio Pinot Bianco	75cl	5.76	**4.89**
Villa Jolanda Fragolino	75cl	4.10	**3.49**
Cielo Merlot Veneto	75cl	4.10	**3.49**
Tropicana Orange Pulp	1 ltr	2.75	**2.34**

Detergents	Size	Was	NOW
Easy Dishwash Antibacterial X2		1.68	**1.43**
Easy Dishwash Lemon X2		1.68	**1.43**
Easy 3 In 1 Summer Yellow	850g	2.20	**1.87**
Svelto Amido	1ltr	1.79	**1.52**
Persil Small & Might Colour	730ml	5.36	**4.56**
Personal Care			
Radox Handwash Clean & Refresh	300ml	2.76	**2.35**
Radox Handwash Clean & Pamper	300ml	2.76	**2.35**
Radox Handwash Clean & Soften	300ml	2.76	**2.35**
Radox Handwash Clean & Protect	300ml	2.76	**2.35**
Radox Handwash Clean & Moisture	300ml	2.76	**2.35**
Garnier Shampoo Capelli Scuri	250ml	3.55	**3.02**
Fructis Shampoo Greasy	250ml	3.59	**3.05**
Neutro Roberts Spray Intensive Beauty	150ml	3.72	**3.17**
Studio Line Gel Fondant Forte	150ml	6.98	**5.93**
Sure Spray Cool Blue	250ml	4.37	**3.71**
Sure Spray Aloe Vera	250ml	4.37	**3.71**
Sure Spray Clear Aqua	250ml	4.37	**3.71**
Sure Spray Biorthym	250ml	4.37	**3.71**
Sure Spray For Men	240ml	4.37	**3.71**
Sure Spray Cool White	250ml	4.37	**3.71**